



# CSF Project: Managing Healthy Weights in Adult Secure Services

by Titilopemi Oladosu (project in conjunction with Public Health England)

## Background

### Project:

- Growing epidemic of obesity in the UK population.<sup>1</sup>
- Incidence of obesity in adult secure mental health units is disproportionately higher than in the general population.<sup>2,3</sup>
- Compounding factors of secure settings include: obesogenic social environments, pharmacological interventions, and patients' psychological state.
- This results in a significant increase in morbidity and mortality for psychiatric patients.
- Growing evidence of the pathophysiology of obesity and knowledge of its management and long-term consequences.<sup>4-6</sup>

### Fellow:

Dr Titilopemi Oladosu is a General Practice Registrar in East Anglia. Her interests are in medical education, international health, mental health, and health service delivery. She is a Global Health Fellow and an Academic Clinical Fellow.



## Progress so far

### Project:

1. Meeting with Rethink mental health charity to form a working partnership **[participated]**.
2. Terms of reference for achieving health weights and promoting physical health in secure settings **[created]**.
3. Funding case submitted to NHS England.
4. Deep dive self-assessment tool produced for NHS organisations based on NICE and PHE guidance on healthy weights **[created]**.
5. Scoping meeting with several professionals and stakeholders in secure settings including nutritionist/dietician, exercise therapist, funding bodies, and carers **[participated]**.
6. Formation of task and finish subgroups.
7. Implementation report **[creating]**.



## Conclusion

### Project:

- The project is ongoing, there are several objectives still unrealised.
- The challenges include: sourcing funds, creating working groups, and evaluating the evidence for the recommendations and the barriers to implementation.
- There are significant workforce challenges with completing this task, for example, the team is comprised predominantly of volunteers in fulltime employment.

### Fellow:

Experience gained: how to build a case and create a process for organisational change.

Implementation report will help to reflect on and review the process as we move towards realising healthy weights in secure settings (objective 3).



## Aims & Objectives

### Project:

- ✓ "To share knowledge of existing effective physical health provision/initiatives within adult secure inpatient services.
- ✓ To identify any challenges which may undermine the implementation and possible solutions for these.
- ✓ To collate the feedback from the 4 established working groups to inform strategy and objectives.
- ✓ To inform the development of the CQUIN by 2020.
- ✓ To consider the interface between adult secure inpatient services and the related pathways e.g. Community forensic services, and how these can best be optimised."<sup>7</sup>

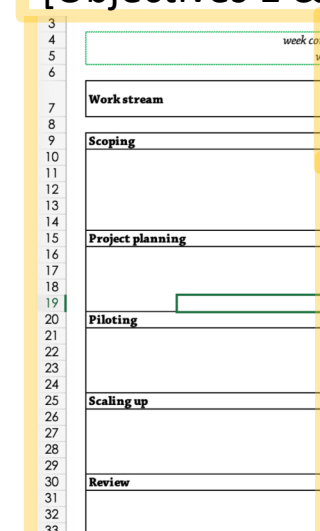
### Fellow:

- (1) To learn about the processes involved in developing public health initiatives.
- (2) To complete pieces of work which aid the project.
- (3) To observe and reflect on how the agendas of stakeholders are accommodated.
- (4) To learn more about the evidence base and pathophysiology of obesity.



## Progress so far

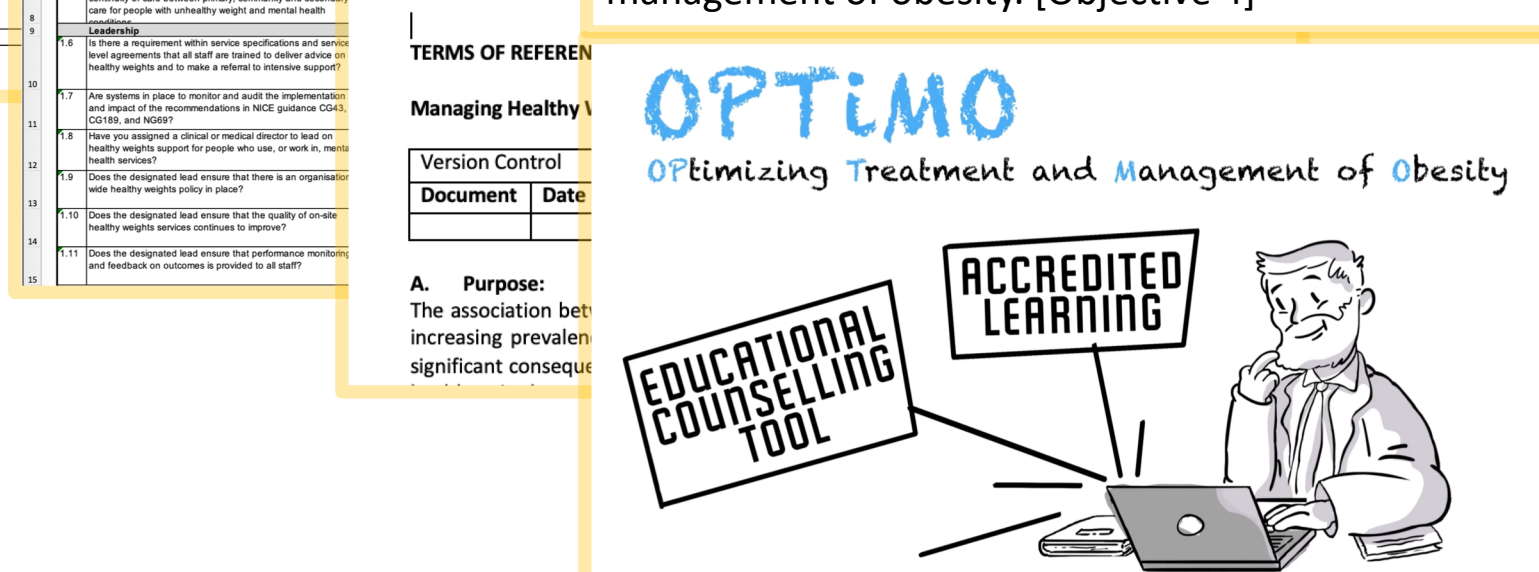
**Gantt chart** - timeline that is used as a project management tool to illustrate how the project will run. [Objectives 1 & 2]



**Deep dive** - Self assessment toolkit for organisations to evaluate the health weights policies within their trusts. [Objectives 1 & 2]

**Terms of reference** - used to define the purpose and structures of the project. [Objectives 1 & 2]

**OPTIMO** - Royal College of General Practitioners' accredited learning on optimising treatment and management of obesity. [Objective 4]<sup>8</sup>



### Fellow:

The work/learning I have participated in so far, and the corresponding objectives in section 2.



## References:

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7. Public Health England. Terms of Reference Managing a Healthy Weight in Adult Secure Services. [Draft]. E-mail Communication; Louise Davis to Titilopemi Oladosu, Jan/2019.
8. mdBriefcase Inc. Optimising Treatment and Management of Obesity. 2018. Available from: <https://www.mdbriefcase.net/uk/obesity/optimo>.

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